|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Date (w/e)** | **National** | **Performance Gold** | **Performance Silver** | **Performance Bronze** | **Development 2** | **Development 1** | **Academy Gold** | **Academy Silver** | **Academy Bronze** |
| SEPTEMBER | |  |  |  |  |  |  |  |  |  |
| 52 | 2 |  |  |  |  |  |  |  |  |  |
| 1 | 9 |  |  |  |  |  |  |  |  |  |
| 2 | 16 |  |  | 14-16th  Swim Wales Legends- selected events/swimmers coach to advise | 14th-16th  Swim Wales Legends | 14th-16th  Swim Wales Legends | 14th-16th  Swim Wales Legends | 14th-16th  Swim Wales Legends |  |  |
| 3 | 23 |  |  |  |  |  |  |  |  |  |
| 4 | 30 | 29-30th Club Championships | 29th - 30th Club Championships | 29th - 30th Club Championships | 29th- 30th Club Championships | 29-30th Club Championships | 29th - 30th Club Championships | 29th - 30th Club Championships | 29th- 30th Club Championships | 29th - 30th Club Championships |
| OCTOBER | |  |  |  |  |  |  |  |  |  |
| 5 | 7 | presentation evening | presentation evening Llanelli 1 day meet | presentation evening Llanelli 1 day meet | presentation evening Llanelli 1 day meet | presentation evening Llanelli 1 day meet | presentation evening Llanelli 1 day meet | presentation evening | presentation evening | presentation evening |
| 6 | 14 | Saturday 13th  Arena League Round 1  Team Selection | Saturday 13th Arena League round 1 Team Selection | Saturday 13th Arena League round 1 Team Selection | Saturday 14th Arena League round 1 Team Selection |  |  |  |  |  |
| 7 | 21 | Neath Open | Neath Open | Neath Open LC | Neath Open LC | Neath Open LC | Neath Open LC | Neath Open LC |  |  |
| 8 | 28 |  |  |  |  |  |  |  |  |  |
| **NOVEMBER** | |  |  |  |  |  |  |  |  |  |
| 9 | 4 |  |  |  |  |  |  |  |  |  |
| 10 | 11 | Saturday 11th  Arena League Round 2  Team Selection | Saturday 11th Arena League Round 2  Team Selection | Saturday 11th  Arena League Round 2  Team Selection | Saturday 11th  Arena League Round 2  Team Selection | Saturday 11th  Arena League Round 2  Team Selection | Saturday 11th  Arena League Round 2  Team Selection |  |  |  |
| 11 | 18 |  |  | Hereford | Hereford |  |  |  |  |  |
| 12 | 25 |  |  | 23rd-25th West Wales Sub Regional- selected swimmers only coach to advise | 23rd-25th West Wales Sub Regional- selected swimmers only coach to advise | 23rd - 25th West Wales Sub Regional | 23rd - 25th West Wales Sub Regional | 23rd - 25th West Wales Sub Regional | 23rd - 25th West Wales Sub Regional |  |
| DECEMBER | |  |  |  |  |  |  |  |  |  |
| 13 | 2 | Swim wales winter meet | Swim wales winter meet | Swim wales winter meet | Swim wales winter meet | Swim wales winter meet |  |  |  |  |
| 14 | 9 | Saturday 8th Arena League Round3  Team Selection | Saturday 8th Arena League Round3  Team Selection/ national para meet | Saturday 8th Arena League Round3  Team Selection | Saturday 8th Arena League Round3  Team Selection | Saturday 8th Arena League Round 3  Team Selection Carmarthen Christmas open Sunday 9th | Saturday 8th Arena League Round 3  Team Selection Carmarthen Christmas open Sunday 9th | Carmarthen Christmas open Sunday 9th | Carmarthen Christmas open Sunday 9th |  |
| 15 | 16 |  |  |  |  |  |  |  |  |  |
| 16 | 23 |  |  |  |  |  |  |  |  |  |
| 17 | 30 |  |  |  |  |  |  |  |  |  |
| JANUARY | |  |  |  |  |  |  |  |  |  |
| 18 | 6 |  |  |  |  |  |  |  |  |  |
| 19 | 13 |  |  | Swim wales New year Pentathlon selected swimmers only | Swim wales New year Pentathlon | Swim wales New year Pentathlon | Swim wales New year Pentathlon | Swim wales New year Pentathlon |  |  |
| 20 | 20 |  |  |  |  |  |  |  |  |  |
| 21 | 27 |  |  |  |  |  |  |  |  |  |
| FEBRUARY | |  |  |  |  |  |  |  |  |  |
| 22 | 3 |  |  | 2nd 3rd 4th  West Wales | 2nd/3rd/4th West Wales | 2nd/3rd/4th West Wales | 2nd/3rd/4th West Wales | 2nd/3rd/4th  West Wales |  |  |
| 23 | 10 | 11th only west wales | 11th only west wales | 10-11th west wales | 10-11th west wales | 10th -11th west wales | 10th -11th west wales | 10th -11th west wales |  |  |
| 24 | 17 |  |  |  |  |  |  |  |  |  |
| 25 | 24 | Swansea Aquatics Long course 2 day meet | Swansea Aquatics Long course 2 day meet | Swansea Aquatics Long course 2 day meet | Swansea Aquatics Long course 2 day meet | Swansea Aquatics Long course 2 day meet |  |  |  |  |
| MARCH | |  |  |  |  |  |  |  |  |  |
| 26 | 3 |  |  |  |  |  |  |  |  |  |
| 27 | 10 | llanelli open selected swims | llanelli open two day meet | Llanelli two day meet | Llanelli two day meet | Llanelli two day meet | Llanelli two day meet | Llanelli two day meet |  |  |
| 28 | 17 |  |  |  |  |  |  |  |  |  |
| 29 | 24 | Wycombe Away meet | Wycombe Away meet. |  |  |  |  |  |  |  |
| 30 | 31 |  |  |  |  |  |  |  |  |  |
| APRIL | |  |  |  |  |  |  |  |  |  |
| 31 | 7 |  |  |  |  |  | Swansea development meet | Swansea Development meet | Swansea Development meet | Swansea Development meet |
| 32 | 14 | British Championship Glasgow 16-21st |  |  |  | No time gala | No time gala | No time gala |  |  |
| 33 | 21 | Easter Welsh qualifiers 19th March- Mon 22nd April WNP | Easter Welsh qualifiers 19th March- Mon 22nd April WNP | Easter Welsh qualifiers 19th March- Mon 22nd April WNP |  |  |  |  |  |  |
| 34 | 28 |  |  |  |  |  |  |  |  |  |
| MAY | |  |  |  |  |  |  |  |  |  |
| 35 | 5 |  |  |  | Amman Valley | Amman Valley | Amman Valley | Amman Valley | Amman Valley |  |
| 36 | 12 | 10th-12th  Swansea Aquatics open meet | 10th-12th  Swansea Aquatics open meet | 10th - 12th  Swansea Aquatics open meet | 10th - 12th  Swansea Aquatics open meet | 10th-12th  Swansea Aquatics open meet |  |  |  |  |
| 37 | 19 |  |  |  |  |  |  |  |  |  |
| 38 | 26 | Cardiff meet Friday- Sunday | Cardiff meet Friday- Sunday | Cardiff meet Friday- Sunday | Cardiff meet Friday -Sunday | Cardiff meet Friday- Sunday |  |  |  |  |
| JUNE | |  |  |  |  |  |  |  |  |  |
| 39 | 2 |  |  |  |  |  |  |  |  |  |
| 40 | 9 |  |  |  |  |  |  |  |  |  |
| 41 | 16 |  |  |  |  | West wales development meet | West wales development meet | West wales development meet | West wales development meet | West wales development meet |
| 42 | 23 |  |  |  |  |  |  |  |  |  |
| 43 | 30 |  |  |  |  |  |  |  |  |  |
| JULY | |  |  |  |  |  |  |  |  |  |
| 44 | 7 | Welsh open water Championship | Welsh open water championship | Welsh open water | Welsh open  water championship |  |  |  |  |  |
| 45 | 14 | Swim Camp overseas | Swim Camp overseas |  |  | Swansea development meet | Swansea development meet | Swansea development meet | Swansea development meet | Swansea development meet |
| 46 | 21 |  |  |  |  |  |  |  |  |  |
| 47 | 28 | British Nationals Glasgow 23rd- 28th July | British Nationals Glasgow 23rd - 28th July |  |  |  |  |  |  |  |
| AUGUST | |  |  |  |  |  |  |  |  |  |
| 48 | 4 | 4TH Welsh summer champs  WNPS | 4TH Welsh summer champs  WNPS | 4TH Welsh summer champs  WNPS | Welsh development meet |  |  |  |  |  |
| 49 | 11 |  |  |  |  |  |  |  |  |  |
| 50 | 18 |  |  |  |  |  |  |  |  |  |
| 51 | 25 |  |  |  |  |  |  |  |  |  |
| 52 | sept 1st | 11/12 meets per year | 12/13 meets per year | 13/14 meets per year | 15/16 meets per year | 18 meets per year | 15 meets per year | 15 meets per year | 8 meets per year | 5 meets per year |

**To avoid any embarrassing situations or disappointment please do not ask if you can attend a meet that is not on the calendar or a meet that is not for your squad**